



Recipe Production

Recipe Number: HK2238

Recipe Name: Calabacitas con Elote

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Same Day

Serving Description: 1/2 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
1311	OIL OLIVE CANOLA BLEND 10 L	14 2/3	Tbsp			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	3	Tbsp	3/4	tsp	(Unassigned)
2505	CORN FROZEN 12/2.5 LB	2	Pound	7 1/4	Ounce	(Unassigned)
2594	SQUASH YELLOW SUMMER 20 LB	1	Pound	2	Ounce	(Unassigned)
2577	PEPPER GREEN MED 25 LB	2 1/2	Cup, julienned			(Unassigned)
2551	TOMATO ROMA 25 LB	5 2/3	Cup, 1/4 inch" dice			(Unassigned)
2600	CILANTRO 6 CT	1	Quart	1 2/3	Cup	(Unassigned)
G-01	ITALIAN SEASONING MIX	3	Tbsp	3/4	tsp	(Unassigned)
1011	SALT KOSHER 12/3 LB	1	Tbsp	1 3/4	tsp	(Unassigned)
1013	BASE VEG NO MSG 6/1 LB	2 1/2	CUP			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Sourced via partnership with the CIA Healthy Kids Collaborative

Preparation Instructions

- 1) Heat oil in a sauté pan or tilt skillet. Add chopped garlic, just until lightly browned and fragrant.
- 2) Add corn and sauté until it begins to brown. Add green peppers, onion, and zucchini, stirring constantly until zucchini is fork tender
- 3) Add tomato and cilantro
- 4) Add Italian seasoning, salt, and vegetable broth, and bring to a simmer.

Serving Instructions

CCP - Minimum internal temperature should be 140 degrees F. or above.



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	3,057.1769	82.5695	30.5718		
Saturated Fat	g	29.4057	0.7942	0.2941	8.66	
Sodium	mg	13,519.9532	365.1525	135.1995		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	209.3088	5.6531	2.0931	61.62	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	305.1086	8.2405	3.0511	39.92	
Total Dietary Fiber	g	52.6651	1.4224	0.5267		
Protein	g	50.8508	1.3734	0.5085	6.65	
Vitamin A (RE)	RE	1,473.7629	39.8040	14.7376		*
Vitamin A (IU)	IU	13,043.4350	352.2825	130.4344		*
Vitamin C	mg	467.6654	12.6309	4.6767		*
Calcium	mg	3,194.5785	86.2805	31.9458		*
Iron	mg	17.4205	0.4705	0.1742		*
Moisture	g	1,704.6317	46.0394	17.0463		*
Ash	g	39.6210	1.0701	0.3962		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.02	CONTAINER (/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.06	LB	/
2505	CORN FROZEN 12/2.5 LB	1.00	(Unassigned)	2	0.46	LB	/
2594	SQUASH YELLOW SUMMER 20 LB	1.00	(Unassigned)	1	0.12	LB	/
2577	PEPPER GREEN MED 25 LB	1.00	(Unassigned)	0	0.51	LB	/
2551	TOMATO ROMA 25 LB	1.00	(Unassigned)	2	0.31	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	2	0.74	BUNCH	/
G-01	ITALIAN SEASONING MIX	1.00	(Unassigned)	1	0.56	2 Tbsp	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.02	BOX (3 LB)	/
1013	BASE VEG NO MSG 6/1 LB	1.00	(Unassigned)	0	0.71	CONT (1 LB)	/

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